



## Olive Oil-Whipped Potatoes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

SIDE DISH

### Ingredients

- 4 pounds baking potatoes peeled
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup olive oil extravirgin
- 0.7 cup warm half-and-half
- 1.5 teaspoons salt

### Equipment

- frying pan
- potato masher

dutch oven

## Directions

- Cut each potato lengthwise into quarters; cut each quarter crosswise into 1/4-inch-thick pieces.
- Place potatoes in a Dutch oven; cover with warm water. Bring to a boil; reduce heat, and simmer 5 minutes or until just tender.
- Drain potatoes; let stand 5 minutes. Return potatoes to pan.
- Add half-and-half and remaining ingredients; mash with a potato masher until desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:25.8, Inflammation Score:-3, Nutrition Score:8.4030434359675%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 212.46kcal (10.62%), Fat: 7.4g (11.39%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 31.16g (11.33%), Sugar: 1.79g (1.99%), Cholesterol: 5.65mg (1.88%), Sodium: 367.86mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin B6: 0.63mg (31.72%), Potassium: 779.34mg (22.27%), Manganese: 0.3mg (14.93%), Vitamin C: 10.49mg (12.71%), Phosphorus: 115.28mg (11.53%), Magnesium: 43.52mg (10.88%), Vitamin B1: 0.15mg (10.25%), Fiber: 2.38g (9.54%), Copper: 0.19mg (9.5%), Vitamin B3: 1.9mg (9.48%), Iron: 1.61mg (8.95%), Vitamin K: 6.89µg (6.56%), Folate: 25.9µg (6.48%), Vitamin B5: 0.59mg (5.94%), Vitamin E: 0.84mg (5.58%), Vitamin B2: 0.09mg (5.37%), Calcium: 41.56mg (4.16%), Zinc: 0.59mg (3.94%), Selenium: 1.25µg (1.78%), Vitamin A: 59.47IU (1.19%)